



Monica Hum MD • FACS • FASCRS
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Osmoprep Preparation Instructions

Please read these instructions carefully and contact our office if you have any questions.

Five days before the procedure

- If you are taking **Aspirin** based products, please contact our office for further instructions. If you are currently taking blood thinners such as Coumadin or Plavix, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician.

The entire day before the procedure

You may follow these directions or the manufacturer's directions as listed on their website:

www.osmoprep.com

- You may have a light, low fiber breakfast early in the morning. (e.g. eggs, white toast – no butter) Do not eat vegetables, fruits, nuts, butter, milk, cheese, meat, or whole grain cereals.
- YOU MUST DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE ENTIRE DAY – it is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day BEFORE you start your prep.
- You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. You may have Jell-O, bouillon, consommé, apple juice, grape juice, cranberry juice, Gatorade, black coffee, tea, cola, or water. Anything that melts into a clear liquid (sorbet, Italian ice, ice, lifesavers) is allowed. Milk, cream, anything with pulp or alcoholic beverages is **NOT** allowed. Solid food is **NOT** allowed.

The evening before the procedure (start at approximately 4 p.m.)

- At approximately 4 p.m., take FOUR tablets with 8oz. of any clear liquid (as listed above) every fifteen minutes for a total of five doses (total 20 tablets).
- At approximately 8 p.m., take FOUR tablets with 8oz. of any clear liquid (as listed above) every fifteen minutes for a total of three doses (total 12 tablets).
- Be sure to drink at LEAST four more large glasses of clear liquid you like over the next two hours. You may then drink all the clear liquids you like. You are to STOP EATING OR DRINKING eight hours prior to your procedure time.

The morning of the procedure

- Patients taking daily medications may take their regular dosages the morning of the exam with very small sips of water.
- **For COLONOSCOPY:** report to the Endoscopy Lab located on the first floor of the 77 Bldg. Park in the NORTH parking deck. You should arrive at least one hour prior to your scheduled appointment time. The entire length of time you will spend at the hospital for colonoscopy will be approximately 2-3 hours.
- **For AMBULATORY SURGERY:** report to the McDonnell Surgical Center on Collier Road. Park in the McDonnell Surgical Center parking lot. You should arrive two hours prior to your scheduled surgery time.
- **For INPATIENT SURGERY:** report to the Admissions Desk in the main hospital (this is near elevator A). You should arrive two hours prior to your scheduled surgery time.



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Osmoprep Preparation Instructions (cont.)

After the procedure

- You must have someone responsible drive you home after colonoscopy & ambulatory surgery - these are hospital rules - because you will be given a sedative for the procedure. Your procedure will be cancelled if you do not have a responsible escort to bring you home.
- Biopsy/pathology reports take about 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.

Be sure to visit our website www.atlcrs.com to check our Frequently Asked Questions (FAQs) section.